

Claims

What is claimed is:

NEW

- 5 1. A cholesterol-free fat composition having a balanced mixture of fatty acids, comprising
between 15% by weight and 40% by weight linoleic acid,
between 20% and 40% by weight saturated fatty acids, wherein at least one said
saturated fatty acid is selected from the group consisting of lauric acid, myristic acid, and
palmitic acid, and
10 no more than 1% elaidic acid or other unnatural trans fatty acids by weight;
wherein the ratio of polyunsaturated fatty acids, including linoleic acid, to saturated
fatty acids is from 0.5:1 to 2:1, and wherein said cholesterol-free fat composition is suitable
for human or animal ingestion for increasing the HDL concentration and the HDL/LDL
concentration ratio in the blood serum.
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2. The fat composition of claim 1, wherein said ratio of polyunsaturated fatty acids to
saturated fatty acids is $1:1 \pm 20\%$.
3. The fat composition of claim 1, further comprising between 20% and 50% by weight oleic
20 acid
4. The fat composition of claim 1, comprising approximately 30% by weight palmitic acid
and 30% by weight linoleic acid plus linolenic acid
- 25 5. The fat composition of claim 1, wherein said fat composition is suitable for deep fat frying.
6. The fat composition of claim 1, wherein said fat composition is suitable for use in a food
product selected from the group consisting of baked prepared foods, dairy products, and
blended food products.
- 30 7. The fat composition of claim 1, wherein the balanced mixture of saturated and
polyunsaturated fatty acids is provided by fats selected from the group consisting of a single

fat, a natural blend of cholesterol-free saturated fats and polyunsaturated oils, and modified or synthetic fats incorporating chemically or enzymatically interesterified fatty acids.

8. The fat composition of claim 1, wherein the balanced mixture of saturated and polyunsaturated fatty acids is provided by a natural blend of cholesterol-free saturated fats and polyunsaturated oils.

9. The fat composition of claim 1, wherein said fat composition is a margarine food product.

10. The fat composition of claim 1, prepared from one part by weight of at least one polyunsaturated vegetable oil selected from the group consisting of corn oil, sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil blended with at least one part by weight of vegetable fat selected from the group consisting of palm fat, coconut fat and cocoa butter.

11. The fat composition of claim 10, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

12. The fat composition of claim 1, further comprising at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

13. The fat composition of claim 1, comprising a proportion of at least one part by weight cholesterol-free saturated fat to one part by weight polyunsaturated fat; whereby the oxidation-resistance of the fat composition upon heating to a temperature of 100.degree. C. or greater in air is increased by at least 25% compared to the oxidation resistance of the polyunsaturated fat component when heated separately from said fat composition.

14. A prepared food product, comprising a cholesterol-free fat composition having a balanced mixture of fatty acids, comprising
between 15% by weight and 40% by weight linoleic acid,

between 20% and 40% by weight saturated fatty acid comprising at least one saturated fatty acid selected from the group consisting of lauric acid, myristic acid, and palmitic acid, and

no more than 1% elaidic acid or other unnatural trans fatty acids by weight;

5 wherein the ratio of polyunsaturated fatty acids, including linoleic acid, to saturated fatty acids is from 0.5:1 to 2:1, and wherein said fat composition and said food product are suitable for human or animal ingestion for increasing the HDL concentration and the HDL/LDL concentration ratio in the blood serum.

10 15. The food product of claim 14, wherein said ratio of polyunsaturated fatty acids to saturated fatty acids is $1:1 \pm 20\%$.

16. The food product of claim 14, wherein said fat composition further comprises between 20% and 50% by weight oleic acid

15 17. The food product of claim 14, wherein said fat composition comprises approximately 30% by weight palmitic acid and 30% by weight linoleic acid plus linolenic acid

18. The food product of claim 14, wherein said balanced mixture of saturated and polyunsaturated fatty acids in said fat composition is provided by fats selected from the group consisting of a single fat, a natural blend of cholesterol-free saturated fats and polyunsaturated oils, and modified or synthetic fats incorporating chemically or enzymatically interesterified fatty acids.

25 19. The food product of claim 14, wherein the balanced mixture of saturated and polyunsaturated fatty acids is provided by a natural blend of cholesterol-free saturated fats and polyunsaturated oils.

20. The food product of claim 14, wherein said fat composition is prepared from one part by weight of at least one polyunsaturated vegetable oil selected from the group consisting of corn oil, sunflower oil, safflower oil, soybean oil, cottonseed oil, canola oil, and peanut oil blended

with at least one part by weight of vegetable fat selected from the group consisting of palm fat, coconut fat and cocoa butter.

21. The food product of claim 20, wherein said palm fat is selected from the group consisting of palm oil, palm olein, and palm kernel oil.

22. The food product of claim 14, wherein said fat composition further comprises at least one polyunsaturated fatty acid selected from the group consisting of alpha-linolenic acid, eicosapentenoic acid (EPA), and docosahexenoic acid (DHA).

23. The food product of claim 14, wherein said fat composition comprises a proportion of at least one part by weight cholesterol-free saturated fat to one part by weight polyunsaturated fat; whereby the oxidation-resistance of the fat composition upon heating to a temperature of 100.degree. C. or greater in air is increased by at least 25% compared to the oxidation resistance of the polyunsaturated fat component when heated separately from said fat composition.

24. The prepared food product of claim 14, wherein the fat in said prepared food product consists essentially of said cholesterol-free fat composition.

25. The prepared food product of claim 14, wherein said prepared food product is selected from the group consisting of baked prepared foods, dairy products, and blended food products.

26. The prepared food product of claim 25, wherein said baked prepared foods, dairy products, and blended food products are selected from the group consisting of pies, cookies, crackers, frozen desserts, creams, cheeses, spreads, salad dressing, margarines, and mayonnaise.

27. The prepared food product of claim 14, wherein said prepared food product is a filled milk.